

4 steps for intuition

(1) Listen to your body Pay attention to how you feel physically when making decisions. Does your stomach feel tight or relaxed? Do you feel a sense of excitement or dread? These physical sensations can give you clues about what's right for you.

(2) Practice mindfulness Mindfulness is the practice of being present in the moment without judgment. By cultivating mindfulness, we can quiet our minds and connect with our inner wisdom. Take a few moments each day to sit quietly, breathe deeply, and tune in to your intuition.

(3) Journal Writing down your thoughts and feelings can help you get clarity about what you truly want. Use journaling as a tool to explore your inner landscape and connect with your intuition.

(4) Take inspired action Fear is one of the biggest obstacles to trusting our intuition. So work toward overcoming fear by taking action when you feel inspired or excited about something—that's your intuition talking. Start small and take note of the outcome when you act. Soon you'll learn to trust your intuitive nudges.

Let's all try to work on tuning in to and trusting our intuition, and then taking action on the guidance we receive.